

UP COVID-19 Helpful Resources

UP Professional Solutions

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Contact

Do you have questions regarding UP's COVID-19 Protocol or Response, please contact your Account Manager or Regional Manager or call UP's main line at (800) 245-8274.



2

Employee Assistance Program

Having troubles resulting from the stress of the current pandemic? UP has teamed up with Mutual of Omaha to provide guidance and resources to all our employees. The Employee Assistance Program (EAP) gives access to trained EAP professionals available 24/7 with resources to help you through this pandemic. You will also find useful information to help you in all aspects of life including tips for working from home, resources for childcare and eldercare, finance management, physical health, emotional well-being and much more. You can access this service by going to <https://www.mutualofomaha.com/eap/> or calling (800) 316-2796



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Medical Services

To minimize foot traffic in the doctor's office, clinics and hospitals, Blue Cross/Blue Shield of Louisiana is offering members \$0 Telehealth use for remote care. You can use this to get prescription refills for most drugs. BlueCross/Blue Shield of LA is also waving early medication refills on a 30-day prescription maintenance medications and/or encourage members to use 90-day mail order benefit. This applies to all Blue Cross Blue Shield Plans. Visit <http://www.BlueCareLA.com> or get the BlueCare app on Android and Apple devices.



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Working From Home Tips

If you are able to work from home and have been pre-approved to do so, here are some links to some helpful tips:

<https://www.inc.com/lindsey-pollak-eileen-coombes/remote-work-home-productivity-communication-self-care-morale-team.html>

<https://www.indeed.com/career-advice/career-development/work-from-home-guide>

<https://www.npr.org/2020/03/15/815549926/8-tips-to-make-working-from-home-work-for-you>



5

Apply for Unemployment Insurance

If you lose income or receive a reduction in hours, you are eligible for unemployment benefits. You can apply here:

Louisiana: <https://www.louisianaworks.net/hire/vosnet/Default.aspx>

Texas: <https://twc.texas.gov/jobseekers/unemployment-benefits-services>

California: https://www.edd.ca.gov/unemployment/filing_a_claim.htm

Tennessee: <https://www.tn.gov/workforce/unemployment/apply-for-benefits.html>



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Links to Trusted Sources

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

LA: <http://ldh.la.gov/index.cfm/page/3835>

TX: <https://www.dshs.texas.gov/>

CA: <https://www.cdph.ca.gov/>

TN: <https://www.tn.gov/health/cedep/ncov.html>



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We Are Here For You

Both main lines for the UP Main office and UP Texas office will remain open for any questions or concerns.

UP Professional Solutions
800.245.8274

UP Texas, LLC
409.853.1008

